



Sunday, August 3, 2025

Psychedelic Summer

Week 9: Openness: Keep your Third Eye Peeled

9 a.m. **Pretalk**
10 a.m. **Gathering**
10 a.m. **C3 Kids** with
Miss Mary and volunteer
Sally Alderink
11:00 a.m. **Talk Back**

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Gold Team Hosts:
Bob Burleigh & Jenny Roberts,
Betty Porter, Patti Baldus,
Kathy Humphrey
Gold Team Ushers:
Rod Van Abbema, Martha Perko,
Cheri Eshenaur
Welcome Table: **Jeff Crandle**
Next Week: **Green Team**

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C3 Board of Trustees:
Chair: **Teresa Colbry**
Vice Chair: **Kathy Humphrey**
Treasurer: **Andy Cawthon**
Secretary: **Tod Wyn**
Trustees:
Tabitha Blanski
Karen Cotton
Kim Crozier
Bill Haug
Wayne Johnson

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Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

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Shannon McMaster,
Executive Director
smcmaster@c3westmichigan.org

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Next Week –
Teacher: **Richard Kyte**
Music: **Tony Halchak**
Gathering Host: **Kathy Tosa**
Meditation: **Wayne Johnson**
Kids' Volunteer: **Char Kole**
Setup Volunteer: **Wayne Johnson**



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Lead Teacher: **Brad Ruggles** (he/him) joined C3 as Lead Teacher in May 2024. He is a former pastor that deconstructed and later left the faith he was raised in after 18 years in ministry. He and his wife Lisa enjoy adventuring and traveling with their two adult daughters. Brad's interests are diverse and include backpacking, meditation, breathwork, yoga, sport kiting, photography, and cold plunging.

Musician: **Eli Kahn** is a guitarist, producer, and improviser from South Bend, IN, now living in Asheville, NC. After graduating from Indiana University of South Bend in 2010 with degrees in both classical guitar performance and music theory, he transitioned into jazz/fusion and improvisatory music, and discovered his love for production.

Music: **Eli Kahn**
Gathering Host: **Rod Van Abbema**
Music: **Eli Kahn**
Meditation: **Abby Black**

Moment of Silence

Reading/Teaching: **Brad Ruggles**

The gentlest thing in the world is an open mind. Since it doesn't believe what it thinks, it is flexible, porous, without opposition, without defense. Nothing has power over it. Nothing can resist it. Even the hardest thing in the world—a closed mind—can't resist the power of openness. Ultimately the truth flows into it and through it, like water through rock.

—Byron Katie, *A Thousand Names For Joy*

When someone is seeking...It happens quite easily that he only sees the thing that he is seeking; that he is unable to find anything, unable to absorb anything, because he is only thinking of the thing he is seeking, because he has a goal, because he is obsessed with his goal. Seeking means: to have a goal; but finding means: to be free, to be receptive, to have no goal. You, O worthy one, are perhaps indeed a seeker, for in striving towards your goal, you do not see many things that are under your nose.

— Hermann Hesse, *Siddhartha*

Music: **Eli Kahn**
Gathering Host: **Rod Van Abbema**
Music: **Eli Kahn**



Update from the Board of Trustees

Three items of note were handled at the BoT meeting on July 23.

-The BoT identified a cost range to drive further search for a new location (including rent vs. own). Survey will be forthcoming. (C3: Facilities Next Steps Survey was sent to your email on July 25).

An Internal Audit committee will be formed. Please contact Shannon if interested. Two processes for community members to participate in the monthly meeting were identified:

- A C3 member may reach out to the BoT secretary with an issue to be brought before the Board; the secretary will gather the details of the request and add this item to the agenda.
- A Community Comment time of three minutes per member will be allotted at the end of the meeting; no action will be taken at that time.

What's Your Third Place? – Special Guest Teacher August 10

Author Richard Kyte (philosopher, writer, and speaker) will join us as Guest Teacher next week, prior to conducting the workshop "Find Your Third Place" at The Bookman that afternoon at 3 p.m. The store will also hold a community discussion about the book *Finding Your Third Place* on Wednesday, August 6, at 6:30 p.m. Check The Bookman's Facebook page for more information.

August's Week 3@C3 Project

We are collecting back-to-school supplies for Muskegon Heights Public School Academy System on August 3, 10, and 17. Both school supplies from the list and contributions by check, cash or credit card are accepted. Make out checks to C3 with Week 3@C3 in the notation line; enclose checks or cash in a labeled envelope. See Chase for credit card donations. A printed list of supplies is available at the Week 3 Table.

Introducing C3 Bookshelf – A New Fundraiser!

C3 Bookshelf opens for the first time today, at the Week 3@C3/C3 Bookshelf table. Several books for adults, teens, and children, fiction, nonfiction, all genres, are on display, for \$5 each, or pay what you can, from 9:30 - 11:30 a.m. New titles will replace any sold books weekly. All proceeds support the new C3 Capital Fund. Donations are welcome, just not too many books at a time - one bag or so. Books should generally be newer, timely (subjects of interest to our audience) and in good condition. No periodicals, text books, encyclopedias. Books that don't sell will be donated to a resale store.

Grand Haven Coast Guard Kids Parade

Ten C3 Kids participated in the Coast Guard Kids Parade, holding a C3 Kids Banner and signs depicting our six core values. They handed out rainbow wristbands, and did a great job interacting with kids along the route. Several adults enjoyed walking along with them! Coast Guard Festival Volunteers Andy & Joyce Cawthon and Kathy & Tom Tosa acted as parade marshalls.

C3PO Wins the Cardboard Boat Race!

As you heard last week, cardboard watercraft "C3PO" triumphed in the cardboard boat race, powered by Mary Ellen Mika and Brad Ruggles, with winning times of 1:15 and 1:20! A loud C3 cheering section also participated. We hope everyone took time to inspect the boat displayed in the lobby last Sunday.

Send Us Your C3 Photos

The Membership Committee is looking ahead - to the Annual Community Meeting on November 2! Please send your photos of C3 events and C3 Members to frontdesk@c3westmichigan.org to be displayed at the information tables at that meeting.

C3 Picnic Group

We meet at William Ferry Park in Ferrysburg at 5:30. Bring your own food and drink; no reservations needed!

C3 Men's Group

The C3 Men meet from 7 to 8:30 p.m. on Tuesdays in the Choir Room at St. John's Episcopal Church. For questions, call Phil Koster at 616-402-1751.

Vigil for Peace and Justice

The Vigil resumes next Saturday after our Coast Guard break. From Grace Theisen's music: *So, grab a hand, let's make a stand. We will not be quiet; we will not be silent.* Our signs urging Peace and Justice speak for us, along Washington Avenue at Central Park, noon to 1 p.m. Join us.

C3 and Friends Book Club

We meet to discuss *Our Missing Hearts* by Celeste Ng at The Bookman at 6 p.m. on August 19. This New York Times best seller is about the power of art and a mother's love to pass on information to her son. Then on September 16, we talk about *Shark Heart* by Emily Habeck.

Mindful Living Group.

Our next get together will happen on Wednesday, August 27 at 6:30 p.m. at Loutit District Library.

Women's Journey

There is no meeting scheduled for the summer months. If you have an activity to share, contact frontdesk@c3westmichigan.org

Community Care and Concern

Contact: **Cheryl Van Abbema,**
616-402-3108